WHAT IS CLAIMED IS:

1. For use in a wireless voice network, an alarm system, comprising:

a local transceiver that, in response to a received stimulus, establishes an out-of-band wireless link of diminished bandwidth to a wireless central monitoring station in said wireless voice network; and

a local controller, coupled to said transceiver for bidirectional communication therewith, that receives commands from said wireless central monitoring station via said wireless link.

2. The alarm system as recited in Claim 1 wherein said local transceiver and said wireless central monitoring station exchange data in bursts.

3. The alarm system as recited in Claim 1 wherein said stimulus is an alarm event communicated from said local controller to said local transceiver.

4. The alarm system as recited in Claim 3 wherein said local event is selected from the group consisting of:

a user-triggered alarm event, and

an intruder-triggered alarm event.

5. The alarm system as recited in Claim 1 wherein said stimulus is a command communicated from said wireless central monitoring station to said local transceiver.

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6. The alarm system as recited in Claim 5 wherein said wireless central monitoring station establishes said wireless link exclusively with said local transceiver.

7. The alarm system as recited in Claim 5 wherein said wireless central monitoring station broadcasts said command to a plurality of transceivers including said local transceiver.

8. For use in a wireless voice network, a method of operating an alarm system, comprising the steps of:

establishing an out-of-band wireless link of diminished bandwidth to a wireless central monitoring station in said wireless voice network with a local transceiver and in response to a received stimulus; and

receiving commands from said wireless central monitoring station via said wireless link into a local controller coupled to said transceiver for bidirectional communication therewith.

9. The method as recited in Claim 8 further comprising the step of exchanging data between said local transceiver and said wireless central monitoring station in bursts.

10. The method as recited in Claim 8 wherein said stimulus is an alarm event communicated from said local controller to said local transceiver.

11. The method as recited in Claim 10 wherein said local event is selected from the group consisting of:

a user-triggered alarm event, and

an intruder-triggered alarm event.

12. The method as recited in Claim 8 wherein said stimulus is

a command communicated from said wireless central monitoring station to said local transceiver.

13. The method as recited in Claim 12 wherein said step of establishing comprises the step of establishing said wireless link exclusively between said wireless central monitoring station and said local transceiver.

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14. The method as recited in Claim 12 wherein said step of establishing comprises the step of broadcasting said command from said wireless central monitoring station to a plurality of transceivers including said local transceiver.

15. A wireless voice network, comprising:

a wireless central monitoring station;

a plurality of alarm systems wirelessly couplable to said wireless central monitoring station for communication therewith, each of said plurality of alarm systems including:

a local transceiver that, in response to a received stimulus, establishes an out-of-band wireless link of diminished bandwidth to said wireless central monitoring station, and

a local controller, coupled to said transceiver for bidirectional communication therewith, that receives commands from said wireless central monitoring station via said wireless link.

16. The alarm network as recited in Claim 15 wherein said local transceiver and said wireless central monitoring station exchange data in bursts.

17. The alarm network as recited in Claim 15 wherein said stimulus is an alarm event communicated from said local controller to said local transceiver.

18. The alarm network as recited in Claim 17 wherein said local event is selected from the group consisting of:

a user-triggered alarm event, and

an intruder-triggered alarm event.

19. The alarm network as recited in Claim 15 wherein said stimulus is a command communicated from said wireless central monitoring station to said local transceiver.

20. The alarm network as recited in Claim 19 wherein said wireless central monitoring station establishes said wireless link exclusively with said local transceiver.

21. The alarm network as recited in Claim 19 wherein said wireless central monitoring station broadcasts said command to said plurality of alarm systems.